

SEPTEMBER 2014



TAY System of Care Bureau Newsletter

MLK MH UCC BY EXODUS READY TO OPEN ITS DOORS

Inside this issue:

SPOTLIGHT ON:	2
Drop-In Centers	
Drop-In Center TAY Advisory Board	2
Meet the Program Head for the Juvenile Justice Mental Health Northern Camps	3
Client Success Story	3
Announcements Contacts	4

The Martin Luther King, Jr. Mental Health Urgent Care Center (MLK MH UCC) held its ribbon-cutting ceremony on Wednesday, August 27th to officially open its doors. Hosted by Los Angeles County Supervisor Mark Ridley-Thomas, the event was heavily attended by county and healthcare leaders, including the Los Angeles County Department of Mental Health (LACDMH), Department of Public Health and Department of Health Services.



"We look forward to opening this mental health center so that more residents can receive the services that will improve their lives," said Supervisor Ridley-Thomas.

"These types of services go a long way toward saving taxpayer dollars and effectively keeping people out of jails, off the streets and into rehabilitation."

"People living in crisis will have a better chance at recovery because of what we're doing here today," stated Marvin J. Southard, D.S.W., LACDMH Director. During his remarks, Dr. Southard also spoke about the importance of support from both the MLK MH UCC and the community in working toward the wellness of the person as a whole.

The facility will open its doors to the public on Thursday, September 4th. The urgent care center is a newly refurbished two-story building which brings preventive and emergency care services to the region. The center will operate 24 hours a day, 7 days a week (including holidays), offering a variety of services, including psychiatric evaluation and assessment, crisis intervention, medication support and medication management. Adults and teens are able to receive treatment, counseling for alcohol and drugs, and other types of help and referrals. Exodus Foundation for Recovery will run the MLK MH UCC.



Story by Karen Zarsadiaz
Public Information Officer II

Drop-In Centers

Drop-In Centers provide temporary safety and basic supports for Seriously Emotionally Disturbed (SED) and Severe and Persistently Mentally Ill (SPMI) TAY who are living on the streets or in unstable living situations. These centers offer “low-demand, high tolerance” environments in which TAY can make new friends, participate in social activities, access computers, books, music, and games. As the youth is ready, staff persons can connect them to the services and supports they need in order to work toward stability and recovery. Drop-In

Center services include the following: showers, meals, clothing, computer/internet access, DVD and games, social activities, peer support groups, linkage to mental health and case management services, linkage to substance abuse treatment information, educational services, employment assistance, housing assistance, and more! Drop-In Centers will continually serve as a significant resource for TAY in dire need of mental health services.

Drop-In Center Client Visits for Last 4 Fiscal Years During Extended Hours

2010-2011	2011-2012	2012-2013	2013-2014
6,306	7,426	8,266	8,024

MHSA Funded TAY Drop - In Center Locations:

LA LGBT, The Youth Center on Highland
1220 N. Highland Ave.
Los Angeles, CA 90038
(323) 860-2280 Toll Free (888) 255-2429

Pacific Clinics HOPE Youth Center
13001 Ramona Blvd., Suite I
Irwindale, CA 91706
(626) 337-3828

Drop-In Center TAY Advisory Board

(The following excerpt is adopted from a letter by Ariyanna Grover)

“I am Ariyanna Grover, a youth member at the LA LGBT (Los Angeles Lesbian, Gay, Bisexual, Transgender) Center, Youth Center on Highland in Hollywood, CA. I have been a member of the Youth Center on Highland for a year now, and it has given me so many positive experiences to learn from.

I participate as an Ambassador with The Youth Ambassador Coalition; a panel of clients that was formed to help lend a voice to the voiceless. Lots of the members here at the Youth Center come from broken homes, but we, as Ambassadors, are here to implement ‘family’. I believe it’s important to have our Ambassadors Coalition, or Transitional Age Youth Advisory Board (TAYAB), because it gives us something to lean on.

What we do as Ambassadors may include: planning events, trips, social discussions and interactive activities. Events we’ve had that impacted my life are the Talent Shows, Beauty Days, and Rainbow Summer Nights. Many of the members, like me, that attend The Youth Center on Highland have a high interest in entertainment, and these events help us project our talents.

My life before the Youth Ambassadors Coalition was a dark period. I really didn’t have push to look for a job, to follow my dreams or to make a difference in my life, let alone influence my peers. Actively participating with the Ambassadors gave me a sense of purpose; it was one of the first things since coming back to Los Angeles that gave me something to stand for.

I think all programs can benefit from a Youth Advisory Board in providing staff with guidance to make everyone’s ride a lot smoother. We have made an impact, and hope to leave an imprint here at The Youth Center on Highland, so future Members can carry on the legacy that we are leaving behind. ‘We are diverse, we are alike, we are ambassadors’.”



“We have made an impact, and hope to leave an imprint here at The Youth Center on Highland so future Members can carry on the legacy that we are leaving behind.” - A.G.

Staff Feature: Bradley Kysar, LCSW, Program Head

What interested you in the Mental Health field?

I majored in Psychology and Social Work. My first internship working in the Solano County Jail pulled me into the mental health field specifically forensics.

What is your role in the program?

Currently I am responsible for the management of the Juvenile Justice Mental Health Northern Camps which include eight (8) camps: Camps Scott, Scudder, Munz, Mendenhall, Camp Smith, Camp Jarvis, Camp McNair, and Camp Onizuka. There are 65 staff providing services to 400 youth.

What goal(s) would you like to accomplish? My main professional goal is to continue to manage the Northern Camps and to accomplish full compliance with the Department of Justice Settlement Agreement.

What do you do to de-stress/decompress? I spend my free time with my wife and 3 kids who are very active playing competitive soccer and baseball. With practices, games, and tournaments we find ourselves busy 7 days a week and traveling a great deal of the time. I also like to watch sports on the TV.

Before coming to this program, where else have you worked in the field? I have worked in the Juvenile Justice Camp Program since January of 2001 as a therapist, Clinical Supervisor, and Clinical Program Head. My prior experiences include working as a therapist in the Antelope Valley Adult Outpatient Clinic, the Palmdale Adult Outpatient Clinic, the Santa Clarita Mental Health Clinic, and Mission Community Inpatient Hospital.



"I spend my free time with my wife and 3 kids who are very active playing competitive soccer and baseball."

Bradley Kysar,
LCSW

Client Success Story

(adapted from BZ, Safe Place for Youth (SPY) Drop-In Center)

When Brook left the east coast two years ago, she never could have imagined where this journey would have taken her. After traveling from North Carolina, she found herself struggling to maintain stable housing. Her living arrangements varied from her staying in different hotels and shelters to having no other option than to sleep outside. Although housing stability was an issue for her,



she was able to find employment and work toward living independently. During this time, she heard about SPY through our Outreach Team and acquaintances she met on the Venice Beach Boardwalk. She started attending SPY regularly and actively engaged in Case Management to help her meet her goals. Shortly after, Brook found out she was pregnant. Although she was only 19, she knew she wanted to change her life for the better and work towards making a safe, healthy environment for her and her baby. Through her engagement in Case Management at SPY and her own perseverance, she was able to complete an in-depth interview process for an emergency shelter program catered toward pregnant youth, and she was accepted. After completing the intensive requirements for this program, she was recommended to move to their transitional living program. Not only was she doing great work within their program, she was also able to find employment while seven months pregnant! As she progresses through the transitional program, she is working towards their single-parent efficiency program, which would allow her to become eligible for own apartment and continue to work toward self-sufficiency. As her due date approaches, she plans to continue to work toward her goals to provide a safe, healthy lifestyle for her baby and to be the best mother she can be.

Brook is seen in the picture above performing a song at our Face 2 Face fundraiser. Prior to singing, she addressed the crowd and told how much SPY has meant to her, calling our Case Management team of Lauren and Polly her own personal Angels. Video of Brook performing at one of our open mic nights can be seen on our Youtube Page.

"As her due date approaches, she plans to continue to work toward her goals to provide a safe, healthy lifestyle for her baby and to be the best mother she can be."

SPY Drop-in
Center

TRANSITION AGE YOUTH SYSTEM OF CARE LEADERSHIP

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Announcements

Suicide Prevention

The Partners in Suicide Prevention (PSP) Team for Children, Transition Age Youth (TAY), Adults, and Older Adults is funded by the Mental Health Service Act (MHSA). This program is designed to increase public awareness of suicide and reduce stigma associated with seeking mental health and substance abuse services.

Trainings have been provided in an array of settings including: Los Angeles County departments, colleges, shelters, faith based communities, community mental health agencies and direct service providers. Our goal is to average 16 trainings per month.

For additional information or trainings, please contact Karon Austin, LCSW, TAY Division, at 213-351-7788 or William Barreto, MPA, TAY Division, at 213-351-7797.

Anti-Stigma and Discrimination

The Countywide Anti-Stigma and Discrimination (ASD) Team is a Prevention and Early Intervention Program. Its mission is to increase public awareness, social acceptance, and inclusion of people with mental health challenges. ASD outreach activities include presentations, group sessions with dialogue, and activities to encourage access to mental health services.

TAY Mobile Resource Library

The mobile library provides information regarding mental health, housing resources, health services, crisis counseling, alcohol and drug counseling, GED preparation, social skills training, job readiness and job placement services. The mobile library can be set up in directly operated and community agencies on a rotating basis.

For additional information on ASD trainings and the mobile library please contact Doralee Bridges, TAY Division, at 213-351-5225.

Resources

Website: www.dmh.lacounty.gov

TAY Division Email Address
taydivision@dmh.lacounty.gov

DMH Access Hotline
1-800-854-7771

National Suicide Prevention Hotline
1-800-273-TALK (8255)